

Educate Your Plate CIC

Women's Health & Longevity Programme Story So Far Impact Report

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This report summarises the first two 8-week cohorts of the Women's Health & Longevity Programme. It is designed for public viewing and for potential funders, commissioners and partners interested in scalable, evidence-led community health interventions.

1. Executive Summary

Across the first two cohorts, 26 participant responses were collected at programme completion. Results indicate exceptionally strong satisfaction, meaningful behaviour change and improvements in self-rated wellbeing.

- 100% rated overall satisfaction 5/5.
- 100% said they would recommend the programme.
- 100% reported greater confidence making healthy food choices.
- 100% reported stronger understanding of chronic disease prevention.
- 96% reported improved confidence managing stress and emotional wellbeing.
- 100% reported new habits they intend to continue.

2. Health & Behaviour Change Outcomes

Average self-rated health & wellbeing improved from 2.8/5 before the programme to 4.1/5 after completion.

Measure	Result
Confidence in healthy food choices	100% Agree/Strongly Agree
Understanding disease prevention	100% Agree/Strongly Agree
New habits to continue	100% Agree/Strongly Agree
Stress management confidence	96% Agree/Strongly Agree
Energy improved	85% Agree/Strongly Agree
Sleep improved	81% Agree/Strongly Agree
Connection/community	96% Agree/Strongly Agree

3. Why It Works

The programme blends practical nutrition education, coaching psychology, behaviour change principles and community support. Sessions translate complex health science into simple actions participants can apply immediately at home. Topics include balanced diet, inflammation, blood sugar regulation, gut health, brain health, hormones and menopause, confidence and resilience.

Key delivery features:

- Warm, inclusive women-only environment
- Simple food tasters and demonstrations
- Weekly goal setting and accountability
- Confidence and mindset activities
- Actionable education rather than generic advice

4. Community Ripple Effect

When women improve their health literacy and routines, benefits extend beyond the individual participant.

- Healthier household food choices
- Positive modelling for children
- Reduced isolation through peer connection
- Improved confidence to engage with work and community life
- Lower long-term risk of preventable disease

5. Testimonials Snapshot

“The sessions have changed my life forever.”

“I feel more confident and informed.”

“The highlight of my week.”

“I now understand my body and what to do next.”

More testimonials available on the Educate Your Plate website.

6. Strategic Opportunity

This model is suitable for expansion into workplaces, housing associations, schools/family settings and public health prevention programmes. Early data suggests a high-engagement, high-satisfaction model capable of generating measurable outcomes at relatively low cost.

To discuss funding, partnerships or delivery opportunities, please contact Karis Mason.